

Riyadh hunger strike over; workers coming home soon



STYLING: GUY OBERLIN
Managers may
finally see their
father's quarry
for the first
time after
government
rescued the
trapped oil field
workers. Exiled
Amir Dabbas,
former relations
of migrant
workers but
now a leading
opposition
representative
of their late
father.

By Maria F. Pineda

IT MAY BE HOME SOON, though it is on the horizon.

The hunger strike by 18 stranded overseas Filipino workers in Saudi Arabia is over and there is a chance some of them would be coming home soon, said a labor official yesterday.

Acting Labor Secretary Manuel Ibanez said the protest ended at around 1 a.m. Saturday (Dec. 12) yesterday when the workers were peacefully removed by Saudi police and brought to the Jeddah Hospital for medical checkups.

"From then, the protesters were taken to the immigration camp where their requirements will be addressed with the help of Saudi authorities and Filipino embassy and labor officials, he said, helping in the resolution of their cases and right after that, we'll book them for flights," Ibanez said.

At least four of the 18, Ibanez said, have already visited their clients with their employers and could go home as soon as they receive a visa.

The 18, alleging underpayment and non-payment of salaries by their Saudi employers, launched a hunger strike last week in a bid to pressure the Philippine government into negotiating them.

The workers camped out on the Philippine Embassy grounds in Riyadh for several days and refused to budge despite offers of shelter by members of the Filipino community.

The breakthrough came before dawn yesterday.

Apparently they realized that the government was working for them. Finally, they filed a case resolution with the Saudi government (reporting the issuance of their exit visa and the Saudi government has responded to willingness to help in

solve the case," Ibanez said in a phone interview.

Their demand for repatriation was met by a "negotiation," however, what was learned that members of the group had pending claims against their employers, which would be adversely affected if they left the country.

In the height of their protest, the workers formed the *Kapagitan ng mga Magsasaka* (Kamag) in Riyadh.

In the Philippines, their relatives were President MaRRAPALDO, seeking help in their repatriation.

According to data released by migrant workers group, *Migrants*, about 100 overseas Filipino workers—helped by the government in hopes for bringing in dollars which help to prop up the cash-strapped economy—are either stranded or already languishing in jails in Saudi Arabia.

Lanao Sur lawmaker bats for Barbers

By Carlos Pablo

A **COMBUST** struggle movement—leader presiding probed for Sen. Robert Barbers in the coming state of President MaRRAPALDO in some people's elections, using a new president from Mindanao is an "adversity" in the local (Lanao).

Rep. Honoring MaRRAPALDO (Lanao del Sur), a former member of the Moro National Liberation Front, said that a Mindanao vice-president would help build on the power process between the government and Islamic militant groups.

"We have to recognize and support a leader that is well-known in the legislature and executive agenda for our constituents," he said.

MaRRAPALDO said that it is important for him and other Mindanao lawmakers to push for Barbers.

"The whole world did with him knowing that both parties have a common denominator and that is their place of birth," he said.

MaRRAPALDO noted that among the vice-presidential aspirants, only Barbers and Sen. Aquilino Pimentel III had been Mindanones.

MaRRAPALDO has reportedly received about two dozen of incoming state in last year's elections in Lanao del Sur and Lanao del Norte, both in Cotabato, who has been consistently leading in both presidential and vice-presidential polls surveys.

"Those that who were in the coming elections, the new vice president must play an active role in Mindanao," he said.

MaRRAPALDO was one of the 25 leaders of the National Islamic Consultative Council who earlier signed a resolution with the ruling Liberal-Christians Union (LNU) to support the presidential bid of MaRRAPALDO.

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To drive home his point, MaRRAPALDO said that Barbers is the more qualified officer, is "backed by the majority of political leaders in Mindanao and has earned the respect of members of the MILF and the Moro Islamic Liberation Front."

BF: Ping's top choice for running mate?

By Carlin Pardo

"BF" value may be "right" in some ways than one.

Rep. Gervacio Remulla (LDP-Cebu) yesterday said declared vice presidential aspirant Isyrus Fernando, chief of the Metro Manila Development Authority, was his "best runner" as Sen. Franklin Lacson's choice for running mate.

Remulla said Lacson and Fernando have had talks about a ticket in 2004, adding that "BF" is willing to end his lat waiting.

Remulla had previously offered himself to be President Macapagal-Arroyo's running mate, but he appears to be a far third choice to popular broadcaster Sen. Benigno Aquino III and Sen. Isak Baguio.

Asked why Fernando was Lacson's top choice, Remulla said "BF shares the same political will that Lacson shares."

But Fernando had a somewhat different take on the proposed ticket. "This greatly worried, but I haven't given it deep thought."

He added: "I'm still confident that my own party [Lakas-Christian Muslim Democratic] will pick me as their official vice-presidential candidate."

The NMCM head said he is, however, in contact with Lacson a month ago, "but the meeting was unproductive."

"He did not discuss anything



LACSON

definite. His own runner are an Filipino is the first place," he said in Filipino.

Self-optimistic

Remulla said he met other leaders in the Lacson camp to learn opinions that their candidate had more sense. Fernando said he was still under deliberation and put up a united opposition ticket. (See story on Page A12.)

"We're still focused on that," Remulla said. "There's no way but to wait."

Remulla said that ousted President Joseph Estrada was brokering a Lacson-BF ticket. (See story on Page A12.)

"Someone's gonna give way," Remulla said. "The important thing here is to increase the opposition's chances of winning by coming under one ticket."

REMulla reported from Marikina City

FPJ accepts draft of opposition bloc

From page A12

democrat," he said in a mix of Filipino and English. "But we just make progress."

The news said he was still discussing with his advisers the best time for filing his certificate of candidacy.

Initially, Aquino said he would file on or before Dec. 29.

Politicians' role

Asked what role politicians and political parties would play in his campaign, he said that if he succeeded, the role of everyone should be to serve the people and the country.

Strayed on whether he would join a political party, he was uncomfortable. "Of course, I'll still make a decision."

He told radio reporters after the news conference that he was running for president because he was inspired by the people and his supporters to do so.

With Pao, some top supporters from each group in the PDI to President Estrada. Aquino said when he declared he was running for president at the Manila Hotel on Nov. 26, he did not come with any policies.

But several cabinet generals identified with late former President Marcos awarded Pao's new conference and said Pao was at least 10 years ago high-level officers backed the move.

"This is the catalyst for anything this country," said Lt. Gen. Eusebio, a retired brigadier general.

Acceptable formula

He's acceptance of the 20% nomination compliance deposed President Joseph Estrada's self-imposed rule was against some



ACTOR Fernando Poe Jr. announces his acceptance of the nomination of the Kapisapang Nagkakaisang Filipino to-be vice president.

to forge an acceptable "formula" that will have the opposition to field only one presidential candidate in May.

"I will try my very best to work out a formula that will be acceptable and beneficial to both of them. One of them will have to give in," he said, referring to Pao and Lacson.

Initially, similar head of the group supporting Pao, a friend and political associate of 20 years, Remulla said he was not willing to have a situation where either Pao or Lacson will withdraw, "because withdrawal only one opposition presidential candidate."

"There should be a peaceful exit to any of them who will withdraw from the race. We are looking for a formula for one of them to slide or withdraw," Remulla said in mixed Filipino and English.

Although denied in Camp Capatzen while being introduced and press charges before the Sandiganbayan, Remulla said he was working on a plan to get the two

and Pao to work together.

After meeting with opposition Rep. Benito Canino, Lacson's campaign manager, Remulla is not to meet with Aquino today.

Remulla will also meet with Aquino.

"We are not giving up hope," the former President said.

Although he had earlier said he was supporting Pao, a friend and political associate of 20 years, Remulla said he was not willing to have a situation where either Pao or Lacson will withdraw, "because withdrawal only one opposition presidential candidate."

"That is our target—one candidate," he said.

He denied talks that Lacson had asked that his men be appointed to key positions in government for him to agree to withdraw from the presidential race.

"There is no negotiation. We don't enter into any compromise. One will withdraw without any

consideration or coercion," he said, adding that none of them had asked for any.

Opposition unity?

Aquino said that with Pao's nomination, the "opposition is now united behind one single presidential candidate." "FPJ is now the sole and undisputed standard-bearer of the united opposition in the 2004 elections," the senator said.

A survey conducted by the Social Weather Stations this month showed that the Macapagal would likely lose her job if elections were to be held immediately, with low approval ratings on the issue and perceptions of corruption.

The poll showed that a majority would vote for either Pao or Sen. Noli de Castro, a former broadcast. De Castro, however, has not declared his intention to run.

Pao, a high-profile dropout, has never held public office and his candidacy has sparked financial doubts.

The President's political spokespersons, Pressing Secretary Michael Debesa, said his Macapagal would be his candidacy shortly after Christmas.

"Unfortunately, how things are coming out and how the President is being continuously being harassed and harassed, I think clearly the underlying is coming out in the President at this point," he said.

"We would like to stress the plans of debate and discussion to programs, policies and the quality of leadership of who will lead this country from 2004 to 2010," Debesa said. With reports from Atty. General A. Francisco, Manila, AFP 47

The World

Editor Lawrence B. Gao

US raises terror alert for Yuletide

WASHINGTON—The US government raised its terror alert to the second highest level on Sunday and warned Americans there was a high risk millions might launch attacks around the holidays in the United States that could be bigger than those of Sept. 11, 2001.

President George W. Bush said there is a "very real, genuine American at any point" that the 2001 attacks and planned for the future days and weeks would increase that danger again when he called "all of our citizens to be on alert."

The warning came despite White House statements that many of al-Qaida's operations had been disrupted and that the suspension of any remaining the world.

Bin-Laden's Qaeda might be in an attack, it was unclear. Some in al-Qaida's global network of millions did to make the World Trade Center and the Pentagon's main target, killing many thousands.

US officials said the warning is "for the nation" and said the situation is "very serious" and "very dangerous." Bin-Laden's Qaeda might be in an attack, it was unclear. Some in al-Qaida's global network of millions did to make the World Trade Center and the Pentagon's main target, killing many thousands.

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Some officials are suggesting that the US is in a state that has been in a state of emergency since the 9/11 attacks. They recommended the change to Bush, who immediately "accepted with the decision," a White House official said.

As a heavily armed man, Bin-Laden would be looking up in the nation's airports and other airports would be deployed along its borders. Other officials said that the US is in a state of emergency since the 9/11 attacks.

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CHILDREN IN HAZARD COME FIRST

A child care center in the town of Gushki, near the border of the United States and Mexico, is the focus of a US military operation to remove children from the area. The operation is part of a larger effort to remove children from the area of the border.

Iraq oil pipes attacked; US arrests hundreds

BAGHDAD—The oil pumping system and pipelines were attacked in Iraq as the US military commander in the area of the oil pipelines. The attack was part of a larger effort to remove children from the area of the border.

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Libya to allow snap UN nuclear arms inspections

GENEVA—Libya has agreed to allow snap UN nuclear arms inspections, says a day after declaring it was giving up plans to build an atomic bomb, a move in the direction of no further.

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METRO

E-mail: metro@inquirer.com.ph

Editor: Alexander S. Usona

Maynilad to play Santa to Las Piñas, Cavite folk

By Tim Santos and Margene Ortiz

TUESDAY will see water in a town.

The Maynilad Water Services Inc. yesterday said that its "project" for its citizens is fixed by an unexpected water interruption in southern Metro Manila will arrive in time for Christmas.

Rodrigo Vilma, Maynilad water production head, warned residents of Parang, Cavite, and Pines City, Bataan and that they would have water on Dec. 23.

Water and Maynilad again cannot work around-the-clock to fix a 1,300 mm-diameter mainline that was punctured during digging operations at the corner of Naga and Central Roads in Parang.

"We have started working the patch on the damaged portion of the pipeline," he said.

The Maynilad official added, "We expect to finish repair work and 100 percent restoration of the line by tomorrow morning."

A section of the mainline was dented and torn early Monday morning during a pile-driving activity for the construction of a footbridge across the Naga and Central Roads.

The Metropolitan Manila Development Authority (MMDA), which is in charge of the project, blamed the Maynilad for not providing accurate information regarding the location of the water pipe.

However, MMDA deputy chair Beauty Lavinia said that their contractors, Freymont, would still be held liable for the accident.

Meanwhile, Lavinia stressed that the footbridge project was not exactly the reason for the heavy traffic in the area.

"We believe that the traffic jams are really connected to the holiday rush," he said.

In the meantime, Maynilad deployed water tankers to the affected area to provide relief while repair work continues.

The water interruption affected its clients in and around the area for the schedule of water deliveries.

Fire victim has a simple wish this Christmas

By Edwin Tumbao Jr.

DETERMINED Gally Gubala will not be thinking of Santa Claus this Christmas Eve, but he will be making a simple wish. A pair of rubber boots so that he could go back to work.

The 40-year-old man, along with his house and all of his belongings, had gone up in flames when a fire hit dark neighborhood in North Bay Boulevard South in Lapasan Sunday.

All he had left were the shoes on his feet and the pants he was wearing when the fire broke out at 7 p.m.

The incident claimed upon Gubala at the North Bay Boulevard Elementary School yesterday.

He stated bluntly at his fellow fire victims: children being crying, babies not being a few hours of sleep, and mothers impatiently waiting for food from the social workers.

The small village, which was turned into an evacuation center for more than 500 affected families, looked and sounded like a market with clothes and pieces of appliances spread from the fire around all over the place.

Those willing to help the victims may call the local welfare office at (02) 242-6222.

A 5-second-old baby boy was killed and more than 200 houses were burned in that blaze, which was only one of three that hit northern Metro Manila in 10 hours.

Gubala said the fire started at the first floor of a two-story duplex at the back of his house. It was reportedly ignited by an unattended candle and was spread by strong winds coming from Marikina Bay.

At almost the same time on Tuesday, another residential area in Marikina, San Jose, Quezon City, was hit by the flames. Fifteen houses were razed and an estimated P3 million property was lost.

At about 12:30 a.m., growing fire destroyed a public house and furniture warehouse in Marikina, Marikina.

It started at the back portion of the Jackson Insurance warehouse in Marikina, Marikina, said city fire investigation chief Arnel Bano.

At least P1 million in property was destroyed in the incident.

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P.O. BOX 1000, BAYVIEW, QUEZON CITY
Tel: 863-8888, 863-8889, 863-8890
Fax: 863-8888

SPORTS

New format for Fiesta Conference

By Jane Maras

THIS time the top teams in the eliminations will get their just due.

Automatic berths in the second round will now be given as incentives to the top two teams after the eliminations of the transition tournament of the Philippine Basketball Association in February to May next year.

The four-month season will serve as appetizer to the opening of the revised 2014 season beginning in October.

Responding to criticism that the conference format last year did not

come at the end of their 16-game assignments, advance insight to the quarterfinals.

While the No. 3 and No. 4 teams join the six other squads in a knockout phase known as the multi-deckard's eliminations, they will be expected better-to-best matchups.

The pairings will be Team No. 1 vs. most the underdog in the 10-squad tournament, Team No. 4 faces No. 3, team No. 5 against No. 8 and No. 6 squares off with the seventh-ranked squad.

"This will push teams to really go the great record. If you don't go to the top five, you have to overcome. If you are No. 3 and below, it's come out-and-out," said Fila.

The opening six teams will then be divided into two divisions of three squads that will have a four-game round-robin to open up the competition in the conference format at the PBA Fiesta Conference.

"We will go to extreme measures to make sure that the league teams we will create won't be like the ones that came before. We will make

sure that the league teams will really give our fans a tough challenge," said Fila.

The qualification round was seen as a single-round quarterfinal phase with the top four teams advancing to the semifinals, which will be a best-of-three crossover affair. The winning teams will enter it up to a best-of-five championship series.

In the previous conference, eliminations round leaders lost their own game advantage in the next round as all teams start from scratch.



PBA. Bureau managers

WHAT'S INSIDE

■ McGrady spins
into the Magic / A21■ Sunlight Tigers shade
Weisau; Viva-FBA wins / A21PBA's new
TV partner
known today

THE PHILIPPINE Basketball Association has proposed for today to discuss on a new television partner, citing the need to evaluate the proposals thoroughly.

Chair Jan Caban yesterday said the governing body is gathering more information on its invited parties and would decide the new owner after another board meeting today in the PBA offices.

"We need more information with respect to the proposal, as the board thought it would be better if we decide on the future television partner," said Caban.

ABC-5, Sunat Television and Studio 23 have signaled intention to take over the coverage of the games after the league's contract with the ABS-CBN consortium, the year's official television partner, has been extended by talking to meet the league's expectations.

The ABS-CBN consortium owns the league P21.1 million following its failure to come up with the P200 million it must pay the PBA for the five of its three-year gas as exclusive broadcaster of the games.

NBC-4 and GBC-13 have posted steps and made separate proposals to how to cover the league's PBA for at least season. NBC-12 also owns the league PBA offices as penalty for its failure to release the last 28 games of the PBA this year.

PBA Commissioner Raul Fila was criticized to most some of the financial mismanagement, even as a reliable source said ABC-5, currently Sunat Television, has the edge in the race to secure the TV franchise.

Jane Maras



DENR

in partnership with industry for sustainable development

The Philippine Environment Partnership Program (PEPP) became a reality Friday, December 19, 2003 with the signing of six (6) Environmental Consent Agreements (ECONAs) and Environmental Management Plans (EMPs) involving members of six industry associations.

DENR Secretary Flores Gozon signed the agreements with the presidents of Cebu Furniture Industry Foundation (CFIF); Cement Manufacturers' Association of the Philippines (CTMAP); Center for Alcohol Research and Development (CARD) Foundation; Philippine Sugar Millers' Association (PSMA); Pulp and Paper Industry Association of the Philippines (PULPAPPI); and Semi-Conductors and Electronics Industries of the Philippines (SIEIP).



"...The intent of the program is to forge a new level of partnership with each industry, one that is open, constructive and based on trust so that environmental protection shall not take a back seat in the overall scheme of industrial development."

"...Last we be misunderstood, however, let me stress that we are not relegating our regulatory functions. Rather, we want to play the role of a catalyst to move industries to take on more responsibilities not only in promoting economic development, but also in reducing the impact of their operations on the environment."

"It is our hope that other industry groups will follow the example shown by the six industries now in the program... as this will result in reduced pollution even as each sector will gain from improved business performance and profitability."

— DENR SECRETARY ELISEA GOZON

McDo ties up with GK to build homes for the poor

LEFT: From left, National House Inc. McDo's ad's third up business and partnership through the establishment of the McDonald's House in Marikina City, with 24 houses, with 24 houses in Marikina City, with 24 houses in Marikina City, with 24 houses in Marikina City.

McDonald's House Inc. (MHI) and GK have entered into a partnership to build 2,000 houses in 2003, proving that business and social goals can go together for the first time.

The National House Inc. (NHI) is a non-profit organization that aims to improve housing and build 2,000 houses in 2003, proving that business and social goals can go together for the first time.

According to McDonald's Managing Director Robert S. King, "Today presents an opportunity where we could give back to the community that has given us so much. Our company enjoys a position that which enables us to offer and contribute to the sustainable task, as we deliver our commitment to national development and building trust in the community. We believe that McDonald's can be an example for others."

King leads the strong bond and partnership of McDonald's among 10,000 volunteers who are together with beneficiaries of the housing units in the spirit of generosity.

"We, McDonald's—GK, partnership, we would like to give assistance to other corporations and other whole country to help achieve the 2007—this vision is to build 2,000 houses in 2003—the vision is to build 2,000 houses in 2003."

Economic...

Paras said the government would keep the budget in check in 2004. It remains growth, the government would pay about 100 billion to account payable next year.

Nat'l Undersecretary Sergio Daza said another foreign investment in real estate and other industries would help the government achieve its target of increasing foreign direct investment to about \$1 billion in 2004.

Businesses said the level of debt could be managed, but the medium-term debt government was not doing anything to reduce the budget deficit. "We are aware that the government implements fiscal measures to address the deficit," he added.

He said the last growth target of 4.5-5.5 percent in 2004 was achievable because the factors that dragged down growth this year were expected to reverse next year.

"This year, we had other things like exports, contraction in government spending, the 10 billion (weather phenomenon) in 2003, we expect better signals, higher government spending especially in construction, better weather and a pick-up in global growth," the economic planning chief said.

He said that country's expectation that the economy would slow down next year because of election-related pressures, he said growth would actually pick up because of private sector spending. "We think the private sector would spend about \$20 billion next year for the elections. That would be one big boost until May," said he.

INDUSTRY ASSOCIATION PROFILES

SIEIP - SEMI-CONDUCTORS AND ELECTRONICS INDUSTRIES IN THE PHILIPPINES

Members: 103 active members

Economic Importance: One of the fastest growing industrial sectors in the Philippines since the late 1970s

Total Workforce: Employers employ 935,000 employees. Important markets are USA and Europe

Environmental Initiatives: Most of the industries are in close touch with corporate management systems for quality and environment

Most are certified ISO 9000 series and ISO 14001

CTMAP - CEMENT MANUFACTURERS' ASSOCIATION OF THE PHILIPPINES

Members: 10 of 20, 18 members with EMCE, 7 have ISO 14001

Coverage: manufacture of clinker, Portland cement, pozzolan and other types of cement

Volume of Production: 27,742 (MT/yr) annual capacity

Economic Contribution: Foreign investments raised substantial capital into the local cement industry, out of 20, 10 have foreign affiliates

Environmental Initiatives: Introduced the use of alternative fuels to reduce the negative impact of pollution

Vision: In line with the World Business Council for Sustainable Development (WBCSD) on efforts to address Global Warming

PULPAPPI - PULP AND PAPER INDUSTRY ASSOCIATION OF THE PHILIPPINES

Members: 18 recycling enterprises, 5 non-recycling plants

Volume of Production: 1.1 Mt tons of pulp and paper board per year

Economic Importance: PPSI Annual Gross Sales: \$75M per export

Total Workforce: 1.5 million regular and seasonal personnel, employed 100,000 personnel

Environmental Initiatives: improved compliance over the years, some have already achieved EMS

Waters: Medium waste, full compliance with standards beginning in 2000 to 2000 117 levels

PSMA - PHILIPPINE SUGAR MILLERS' ASSOCIATION

Members: 24 commercial sugar industry sector and one member representing COTABATO, 10 of 20, 10 members

Total Workforce: One member is a sugar producer in the Philippines

Volume of Production: 1.5 Mt tons of sugar production in 1, 5 Mt and 2000, commercial production

Economic Importance: COTABATO sugar production 1, 5 Mt tons of sugar production

Environmental Initiatives: Environmental Protection Management Practices, Sugar Industry, Environmental Protection Management Practices, sugar industry in water management

Waters: Medium waste, full compliance with standards beginning in 2000 to 2000 117 levels

CARD FOUNDATION - CENTER FOR ALCOHOL, RESEARCH AND DEVELOPMENT

Members: 12 members

Volume of Production: 200 million liters per year of alcohol. Actual production is 80% of the production capacity

Environmental Initiatives: Focused on liquid fertilizer for its production

Vision: To achieve an environmental performance level that is comparable with international standard

CFIF - CEBU FURNITURE INDUSTRY FOUNDATION

Members: 207 furniture manufacturers in Cebu and 10 in the Philippines (furniture industry) 207, a furniture company 13 furniture companies, member 207, 10 in the Philippines

Economic Contribution: Cebu furniture industry is the second largest export sector in Cebu, 10 in the Philippines

Environmental Initiatives: Cebu furniture industry is the second largest export sector in Cebu, 10 in the Philippines

Vision: To achieve an environmental performance level that is comparable with international standard

BUSINESS

GIHL to finalize NSC rehab plan

Ergonomics, 2006, Vol. 49, No. 12, 1299–1310

ELONGTukson owner Holdings Ltd. is set to complete its rehabilitation plan for the north-hall National Bird Camp by the end of the year after the management committee of the NCC earlier this month accepted the terms of its plan.

CEC, a subsidiary of the Japan Group of Inc., said in a statement that the company has tapped the services of the U.S.-based Midallas and Partners LP, to do consultancy work and to provide technical advice on CEC's retail, to go.

CHL, 10% in November. The right is a 10-day weather combination with a 0.50% risk.

but leads after its original \$11,000,000,000 bond, the \$7 billion of 1996 Holdings II, the only other bidder.

WFO, customer-banks would decide within this period if it would take a deal with WFO, or otherwise leave its negotiating bid.

The first component deals with the alignment of the steel plate's metal surface capability with the order, while the second focuses on preparing the assembly with well processing rate, and the third one could well be economic.

The third component will be the third cup of the mixed line, i.e., it will also have curved sides

will, while the fourth component will be the

CEIL, who has offered P1 billion to acquire cell payments and an increased bid of P1.25 billion, said it was preparing programs to make MSL operate at full capacity.

FDIC's deposit growth of 1.5 million more
tons per year

The company admitted it was willing to invest about \$1.5 million for the repositioning of the RSC, in the first year and another \$1.5 million in the second year.

As that developed, LHM Holdings used its own willpower to overcome its financial aid in the

PBC, another brain-like tube sign a diet with C98.

PCCI lists qualifications of next President

THE PHILIPPINE Chamber of Commerce and Industry has its arms up to endorse for choosing the next President.

Formerly elected FICCI president Nirmala Naidu, the first woman president of the influential group, added that the FICCI has registered a major concern that will monitor the resolution of national concerns that the business sector desires (and be) for the recovery of the economy.

While relying on its role among the presidential agencies (i.e. the business group's written advice and businessmen's oral comments

also has the capability to lay down the bricks for the railway problem, that have gradually pulled down the country's economy and made it lag behind its counterparts in the region.

Sarkis said the country particularly needs more infrastructure in the form of power and water, transportation and housing, during the next President's first 100 days in office.

Michelle K. Ryan

Gov't urged to protect environment

By Christine A. Gough, MD

WILSON Environmental advocacy group Greenpeace International (Pitts., Ind.) charged politicians and government officials to put environmental issues at the top of their agenda following the recent fatalities in Southern China that took over 300 dead.

"They always say that independent banks are not viable. But we can all see what central banks could do. It is true that there are limits. Here, the main banks," Geringer says. And's local counterpart, Via Hernandez told the Mexican press that:

The news that environmental issues reach the forefront only when a species is rare and that Congress has yet passed important envi-

It is worth noting that the rate of increase in the number of people with a degree has increased over the last five years.

type estimated forest cover trends, as against the 30 percent required to maintain ecological stability.

The early days when happened in China City, says in 1990 and because to permit such magazines, have not been put in place," Alexander he said.

On Nov. 3, 1991, massive flash floods descended on Lincoln City in Oregon, killing about 8,000 people and leaving about 50,000 with

Migrant Dhile

Mirant Phils. to upgrade BCEZ lines

By Samuel W. Greening

NERANT Philippines Corp., the country's largest private power company, is investing \$4.1 million (about P230 million) in the upgrade of transmission lines serving the Baguio City area.

Jose Pineda, Ministry of Agriculture's vice president for technical affairs and business development, said in a statement the investment aimed to put up a more efficient information system that would ensure a more reliable source of data to the sector.

"Greater reliability of supply could help motivate potential investors to develop and locate businesses in the zone," Fluke said.

The New York City of Atlanta-based Master Corp. supplies electricity to the area under a joint name buying agreement with the National Power Corp.

ried through a three-way negotiation of agreements with Japan and the Philippine Economic Zone Authority—corporate and

- the construction of a new eight 400-ton, 10-ft-dia steel transmission line from the transmission tower to the

- upgrade of the existing Wapen rail-to-rail
- rehabilitation of the existing 11 km, 60

- handling of a new situation in the

When reports are complete by the first half of 2009 the construction of the new 4-lane line, which would be the main commercial

The other side, the remaining 11 km long, would serve as a trucking.



LIFESTYLE

For feedback, comment or advertisement, call 886-0000 (24 hrs.) or 886-1144
e-mail is at readers@pdi.com.ph

Editor: Chelsa Band-Fernandez

A Christmas gift of health and fitness websites

A GIFT was of seeing Merry Christmas to all my readers. I have compiled a list of reliable health and fitness websites that contain information that is most commonly needed.

Health and fitness hacks

The last time a well-meaning friend or relative sends you an e-mail with a warning that you talk about health instead of just Coca-Cola can deliver a wealth of tips of more to you. It's your gift to yourself and go to the following websites before you panic or make other people panic needlessly by forwarding the same message all over the world.

Well and Good

David David



• www.wellandgood.com
"The Urban Legends Reference Page" by David and Barbara Mikolajewicz not only clears up health issues but also contains "common" beliefs, misinformation, old wives' tales, strange superstitions, rumors, celebrity gossip and related items."
• www.ultimatefitness.about.com

When David David is not "out there" as a "wild character of urban legends" who promises to "defeat, dominate and dominate the most popular tall tales and rumors in circulation."

Nutrition

There are hundreds of thousands of nutrition websites on the Internet. The question is, which one can you trust to give you accurate information? Here are two you should visit.

• www.nutritionfacts.org
"The Safe University Nutrition Navigator is the first online rating and review system for nutrition websites."



A Christmas gift of health and fitness websites

Here's a list of Internet sites that contain reliable information on everything from product reviews to nutrition guides

Internet
globe designed to help you cut through the large volume of available information to the Internet and find accurate, useful information that can help you. Websites are reviewed by a team of experts who apply strict criteria and review this data developed by a professional panel of leading U.S. and Canadian scientists. The review is an independent review to ensure the integrity of the information presented.

Internet
This free daily website offers a guide to the latest news and information on everything from health and fitness to the environment. The website is updated daily to ensure the integrity of the information presented.

Internet
This free daily website offers a guide to the latest news and information on everything from health and fitness to the environment. The website is updated daily to ensure the integrity of the information presented.

and, much less in the past. Whether it's an online or a printed book, you are always to find a good source of information. The following websites are some of the best sources of information on health and fitness. You can use them to find out more about health and fitness.

Internet
The American Cancer Society helps you find information on cancer. The website is updated daily to ensure the integrity of the information presented.

Internet
The American Cancer Society helps you find information on cancer. The website is updated daily to ensure the integrity of the information presented.

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The American Cancer Society helps you find information on cancer. The website is updated daily to ensure the integrity of the information presented.

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Internet
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Food and exercise diary
Keep a food and exercise diary is a powerful tool for losing weight, improving eating habits and staying on track. The website is updated daily to ensure the integrity of the information presented.

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EXERCISE OF THE WEEK Prone back leg lift on ball



1. Place your hands on the ball and lift your legs up. Your legs should be straight and your feet should be flat on the ball.
2. Lift your legs up to a 90-degree angle. Your legs should be straight and your feet should be flat on the ball.
3. Lift your legs up to a 90-degree angle. Your legs should be straight and your feet should be flat on the ball.
4. Lift your legs up to a 90-degree angle. Your legs should be straight and your feet should be flat on the ball.
5. Lift your legs up to a 90-degree angle. Your legs should be straight and your feet should be flat on the ball.

A growing search for the sacred

SACRED sacraments and sacraments are an integral part of the Catholic faith. The search for the sacred is a growing trend in the Catholic Church. The search for the sacred is a growing trend in the Catholic Church.

INNER AWARENESS
The search for the sacred is a growing trend in the Catholic Church. The search for the sacred is a growing trend in the Catholic Church.

Inner awareness
The search for the sacred is a growing trend in the Catholic Church. The search for the sacred is a growing trend in the Catholic Church.

Inner awareness
The search for the sacred is a growing trend in the Catholic Church. The search for the sacred is a growing trend in the Catholic Church.

Take Charge Doc!

Dr. Mark S. Hersh, M.D.

Working the heart means about your health. Get your MEDICard coverage. It's your right to be in the best of health. Get your MEDICard coverage. It's your right to be in the best of health.

FAQs (frequently asked questions)

Our company just received our MEDICard membership. Especially during the holiday season, will we be able to get a new MEDICard card without our membership card?

Yes, in fact of your new membership card, you may use your original card. This will only be honored during the duration of your new card's processing. But have made sure to get your card and keep it safe. Your company's contract renewal card is, in any event, your card of your new MEDICard card. You will clearly understand with our card that we will continue your membership through as medical care of members provided by your company.

Meet your MEDICard Team

Dr. Mark S. Hersh, M.D. is the owner of the MEDICard membership. He is the owner of the MEDICard membership. He is the owner of the MEDICard membership.

Dr. Mark S. Hersh, M.D. is the owner of the MEDICard membership. He is the owner of the MEDICard membership. He is the owner of the MEDICard membership.

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LIFE STYLE



It takes more than
brawn to snag
one of the
country's coveted
bodybuilding
prizes



USA Vitamin Sale!

[illegible]

Great
Bodies,
tough
minds

Text by Anne A. Jamborek
Photos by Steve Fendley

THERE were chairs and there were roams. Echoes filled the air as deafening drum rolls from the imprisoned audience rose to a frenzied crescendo. (Yes, they brought their own drum set to the show.)

In the real, the Kinnaree World Forest Index 2003 winners showed it took more than twice as long out of the country's forest-to-forest-building phase.

Armando Manzanero, 71, and Isabella Russo, 26, landed 36 other contestants to win the titles for Miss Green Study and each won a prize with \$100,000 each prize and \$100,000 worth of gifts. Manzanero won Miss Green World International (MGI). While both contestants had each lost at least 100 pounds, the toughest challenge was never shared.

"Talent, discipline and grit come naturally to me," says Manjares, who has been intensely lifting the iron since 1990. He says unambiguously that practicing his own routine is more taxing than rigorous hours spent at the gym, that doing his usually at the end of the day. As a dance instructor, Manjares acknowledges enough that a body man like him doesn't look good jumping up and down the stairs—much more dancing.

Although he has previously joined other bodybuilding competitions, Munster enthusiastically joined *Grav Stakes* after contestants prodding him: the 290-lb (131-kilo) bodybuilder says, "I didn't prepare that long for the competition since I thought I would never win," he says. *Grav Stakes*, Munster says, has always

SWEETER the soundlines around. Jackie Margulies says the song plays on her record too.



Following the 2004 election, Governor Romney was the state's surprise winner.





Thailand reveals its 'unseen treasures'

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 111–117



By Alan T. Ferguson

AND we thought black-and-white Melospirae could be found only in the United and New Zealand.

Fluorinated polyimides are used in high-temperature applications, such as in the manufacture of aircraft engine components. The polyimides are used in the form of films, coatings, and composites. The polyimides are used in the form of films, coatings, and composites. The polyimides are used in the form of films, coatings, and composites.

As part of Thailand's Union Fireworks, a campaign to promote tourism beyond Bangkok, the Tourism Authority of Thailand (TAT) and Thai Airways International launched a tour of the lower northeastern portion of the country this January as the 1,000 series.

Union Township residents who the Army and National campaign began. The old newspaper, founded in 1898, is a publication in some

"This new campaign aims to supplement the old one as it encourages Thai tourists and foreigners to explore Thailand beyond such popular destinations as Bangkok and Phuket," said Jerald de Leon, GIC's marketing representative in the Philippines.

Among the highlights of the trip were visits to the 1,000-acre Fort Chiswell, Plains National Park and Blue Vol National Park, all located



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12. *Antennaria dioica* L. var. *heterophylla* (L.) Link.

in the province of Mikawa (subdivided into 10 districts). Although the structures are spaced fairly apart, nearly half the town, terraces and many roads are covered with a thick layer of ash that fell from the "hot" cone nearby.

Of course, the five-day swing will be excellent for those desperate for a shopping opportunity in the right market in Korea. In urban every city in Thailand has at least one silk village. In Pak Thung Chai and across the border in Laos, Laos.

"We know that whenever I'll come in, they'll always find the time to stop," said Dr. Jones. "That's why we always include shopping in Bunkle as part of every treatment plan."

But there's more to shopping and you'll find fine, history buffs and discerning individuals will discover

Located 100 minutes southeast of Bangkok or one hour and 40 minutes away by car, Pong Tachakorn (www.pongtachakorn.com) will surely appeal to families, especially those with young children.

A cup of the dairy from an organic dairy suggests that takes a little over two hours to clear up of such activities and interactions as an island does, getting one well involved, adding in a market-making team. When in the group, direct is a function of the land phase of the business. Also, some of the regions

But the most amazing and inspiring aspect about the Fair-Is-Born, from humble beginnings, is how far one of the biggest and most modern dairy farms in Southeast Asia with 5,000 head of cows.

Grounds Orkney Island, after carrying a degree in animal husbandry from the United States, began operating a 100-acre farm devoted to raising coffee cows. The farm grew steadily over the years to 1965 the largest in Scotland. And with over 100,000 pounds of coffee.

A crisis, which later proved to be a blessing, found Pann Chokkhat in December 1977. This was when sports imposed on him, the team expanded its operations to include research and breeding development for the production of high-quality milk. Its planning (short) paid off in 1985 when it happened to purchased with the best cow herd available.

Then, a trip to Farm Chikilake wouldn't be complete without stops to its clean, state-of-the-art boarding and milking facilities. Women are guided to used to weigh cow's herd visitors on the facilities, while men process and demonstrate how to milk cows by machine and by hand. Some visitors get the chance to milk the cows

A chat no chat is actually a dense version of the dairy plant in 150g, an apple core, cold water, and a hot. Quora help themselves to my money apply called them! These banking in the dark coffee and all these are, however,



POUR L'ÉLITE : le site's shopping duty free

Looking over, you can easily find rising at the Chakrabarti Bhawan.

Located close to the Cambodian border, Siem Reap is generally the most authentic in the region. The century-old Phnom Penh Palace contained a smaller replica of the neighboring country's life-size, gold-plated, reclining Buddha.

Therapeutic handwriting for the great outdoors can give backpacking, hiking and winter sports setting.

If they're lucky, they might, like the Filipino group, come across a clerk in town that could mean the west window. But most close of the day, something says, what?

"There's certainly a limited market for these places," said de Arco. "We're now negotiating with the village of Laus, assuming that would be



FLB4 whole culture medium

posed to attract market exposure to the Thai plant? Moreover the attraction on, these definitely, were in Thailand than Bangkok's main markets and international bulk plant.

Call Thai Airways International at 011-641-1111 or 011-267944, and the Thai Air Authority of Thailand at 011-277766.

Extend the number of comparisons to



First Call: A national nursing hotline



COMMON. Thicket-High



LMSP showed the response

How to achieve healthy skin

LUSH'S bare-selling skin care sets a new standard in natural beauty with its rare range of cleansers, soaps and moisturisers.

To celebrate its successful first year, *White House* features a Luck problem contest, with bonus \$1,000 for maintaining a flawless complexion.

Exfoliation

Exfoliation keeps skin exfoliated and working in peak. Those with skin problems and sensitive skin—use gentle exfoliation daily, while sensitive skin has to be treated once a week. The skin should be treated gently. Using an exfoliant on damp or lubricated skin will help avoid any stinging, that'll great problem for your skin.

Use not just a kind of exfoliation, but also

Onion's Salt (F200) is a stimulating tonic for local work with a refreshing action. Formulated with fresh lemon and fresh grapefruit infusion, mineral and granules of sea salt, it also contains Shiro butter and cocoa butter to emulsify and combat the antiseptic properties of citric acid.

Isotretinoin (Accutane) is an exceptionally effective retinoid used with great success, often having patients return off and a third of isotretinoin pills for very congested skin.

Cheer and tone

It's a cardinal tenet on not to chase the herd and remove all traces of marketing. Changes in temperature can cause skin to overcompensate through the production of sebum. Hence, use anything that leaves this shiny. Otherwise, look over or less after using a product, stop using it. Lush's Unscented (PS2) is wonderful for all skin types and is a gentle deep cleanser that softens and helps hydrate.

Leah's Baby Face SPF15 is a cleanser that exfoliates while deep-cleansing. It's made from a blend of light oils similar to the skin's own so it lifts off excess sebum and leaves skin soft and plumped up. The blend of essential oils of sandalwood and lavender help balance sebum production and promote healthy skin.

Fax: Boston (F20), at times, has intriguing lyrics.

Discussion

Leath's institutions not only put much needed students into the state, but also help

Great . . .

beard "nerd" men, or those who excelled in intro competition. Bulky guys like him virtually have no chance of winning, he adds.

But a competition is a competition, and looking good, especially in this type of challenge, is of paramount importance. He did "craft" training a month-and-a-half away from the finish, going on a strict daily diet of raw slices of salmon and two kilos of chicken breast. "I hope after my competitive win, that many bodybuilders will want to join Great Britain," he says.

Confidence

"I wanted to prove something to myself, that I can do anything as long as I am motivated," says Roper, MBA spokeswoman/press aide replying. She says working out helped her develop her self-confidence, allowing her to shed the image of the shy and insecure teenager. She consistently won the race regularly given any other high school place in the St. Wilfrid's College for the simple reason that she was, in her words, "fit" and "tough."

Simply put, she wants—and will try to—instill people's idea of the ubiquitous governmental income funds. "We always want that this World type of body but not all of us have it. And generally speaking, not all of us are well, looking like competition made me appreciate myself, my body, that there are good points to it as well," she says.

Like Marjorie, Singer says the current challenges are the hardest to beat. She had to juggle her tight schedule as a spouse with her without income of those hours six times a week for three months, and make the most of her time. Now she's making the most of it.

If you don't understand why mental toughness is necessary, try eating the same meal every day for a month. Try eating lunch in some (any) other "oddball" location off to the side as you go to work. Day in and day out, and you'll probably want to change the new pattern you come across.

"The physical part was easy," she says. Usually, NMR, she does silent crying during her sessions with her physical trainer, especially when working out her abs and legs. But, compared to the mental part of the preparation, she finds the physical part the easiest.

As of press time, Huggins finally had her first slice of cake and her first chocolate, and was out snuggling with her puppy. Huggins has also started to relax and has let in the holiday spirit. Christmas is coming up fast with the holidays of them, but the stress they were and the responsibilities they must have yet to fully deal to, they wait.

The girls were special awards: Ali and Mary Grace Stein, Rochelle Go and Chinggan Nicholas, Sam in Tibbet, Avenue Infante and Rosa Regier; and Mr. and Mrs. Phengene, Randall Lee and Linda Brown.

E-mail the author at quattro@bigpond.net.au.



1494 E. Morgan - La Bolla number 1000

skin moisture to sweat balance. They also make the skin feel comfortable. The moisture-layers contain organic cold pressed vegetable oils as well as vegetable butters.

Lush's Afterlife (F/L/M) is good for cold weather. Honey is extremely drying and helps reduce redness and sunburn. Fresh organic mangoes on deck is also locally sourced and sustainable.



Subject: History
 Student: [Name]
 Date: [Date]



TLN Tree Water:
Breaks on a 50:50
and Eau de Cologne
fragrances

Shin's Shogun's La (371,400) has a rich but light texture and with excellent responsiveness and re-sensitizing properties leaving the skin plumped up and soft.

Lush is exclusively distributed by Stone Specialties, Inc. Lush boutiques are located in Chicago 4, Cincinnati 1, Denver 1, Fort Mill and Shanghai 1. Please call 1-800-888-8888 or visit www.lush.com for more information.

[illegible]